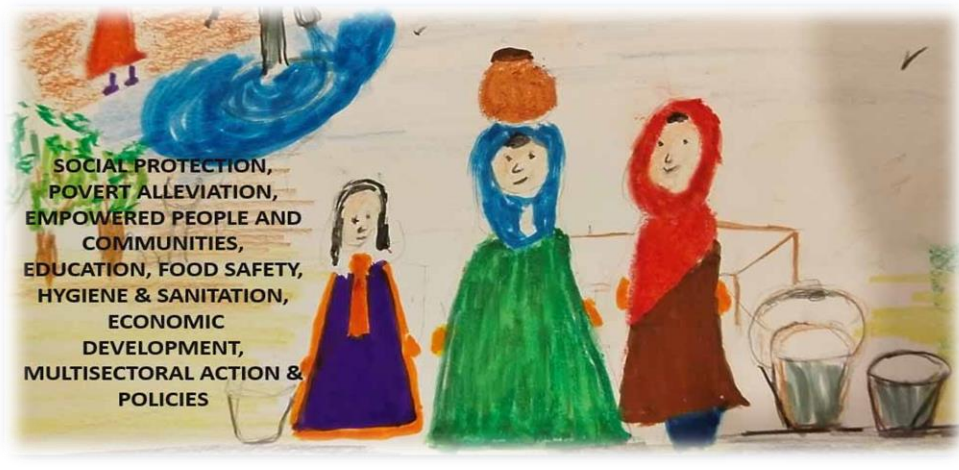




Report on:

SDG-1 (NO POVERTY)



National University of Medical Sciences (NUMS) – An SDG Engaged University

Preamble:

NUMS is providing financial assistance to the low income students in the form of scholarships to its students in its main campus as well as its Constituent colleges. The multiple types of scholarships offered at NUMS through Higher Education Commission (HEC) and other scholarship awarding bodies at Pakistan includes the following;

- HEC-Need Based Scholarship (Ehsas Program)
- Benazir Undergraduate Scholarship Project (BUSP) formerly known as Ehsaas Undergraduate Scholarship Project (EUSP)

Online Applications for New Admissions (Fall 2021) are open for Ehsaas Undergraduate Scholarship Project (Batch-III)

Students are required to:

- apply through HEC online application portal <https://ehsaas.hec.gov.pk/>
- submit printout of application form along with the supporting documents to the student financial aid office of the university

Please DO NOT send any application form to BISP and HEC
Deadline for Online Application Submission: **November 30, 2021**
For eligibility criteria, list of universities & other details please visit: <http://www.hec.gov.pk/site/Ehsaas>

HEC-Need Based Scholarship (Ehsas Program)

To provide financial support to its students, NUMS announces **HEC – NUMS Need Based Scholarship Program** during **2021 - 22**. Scholarships were granted on the basis of **financial need** after due

authentication and scrutiny of documents, and interview. This Scholarship was offered to presently enrolled students of all Departments of NUMS and its Constituent Colleges i.e. Army Medical College (AM College) and Armed Forces Postgraduate Medical Institute (AFPGMI) through 04 Phases (I - IV) conducted at various times during this duration. The scholarships were processed according to the **Standard Operating Procedures** for HEC Need-based Scholarships. During 2021-22, **206** students applied for this scholarship where total **47 students** applied for this scholarship and received the funds worth **Rs. 19,627,250**.

Financial Support

This scholarship provided the following financial coverage to the students:

- It covered the ***Tuition fee from the date of award to the completion of degree (paid directly to the institution).***
- Monthly stipend of ***PKR 6000/- per month paid to the awardees for the remaining degree.***

Benazir Undergraduate Scholarship Project (BUSP)

BUSP formerly known as Ehsaas Undergraduate Scholarship Project (EUSP). The program aims to provide financial support to NUMS students through NUMS ***Need Based Scholarship Program***.

NUMS and HEC has signed a “**Deed of Agreement**” in **January 2020** to support the merit and need-based scholarships as “**Ehsaas Undergraduate Scholarship Project**” for the qualified students from low income families, disadvantaged groups and under-served regions to complete their studies.

Scholarship was granted on the basis of financial need after due authentication and scrutiny of documents, and Interview. This Scholarship was offered to presently enrolled students of all Departments of NUMS and

Constituent Colleges i.e. Armed Forces Postgraduate Medical Institute (AFPGMI) and Army Medical College (AM College).

Financial Support

- It covers ***Tuition fee (excluding exam fee, admission fee, etc.) from the date of award to the completion of degree*** (paid directly to the institution).
- Monthly stipend of ***Rs. 6000/ (PKR)- per month will be paid to awardees for the remaining degree.***

Process:

Initial scrutiny and verification of application documents done, ***Institutional Scholarship Award Committee (ISAC)*** of NUMS shortlisted the candidates for interview. After endorsement by HEC, the successful candidates were informed and awarded with the

The scholarships were processed according to the ***HEC Guidelines for process of selection under Undergraduate Scholarship Project***. During 2020-2021, total **51 students** selected and awarded with the scholarship.

NUMS Community Engagement through Anti-Poverty Programs

The poverty (SDG-1 No Poverty) and hunger (SDG-2 Zero Hunger) has a direct impact on the human health and well-being. Pakistan, being a developing country has a major impact on human health by having no access to the food which ultimately affects the nutritional status of the children and adults as well. NUMS is continuously striving to contribute to the society at large and playing its role as an academia for conducting a research in the relevant areas.

NUMS is continuously making efforts to promote community work at educational institutes locally and at community level to address this goal through involvement of its students and faculty. NUMS faculty is also making a contribution through its Research publications in relevant area.

Research Publication

Dr Tamkeen Jaffry, Assistant Professor Community Medicine, NUMS Department of Public health has undertaken the research on ***“Frequency and assessment of Nutritional Status of school going children in rural areas of Islamabad”***

The objective of the study was to determine the frequency of nutritional status and socio-demographic factors influencing under nutrition among school children of rural Islamabad

Reference: Farhin S, Jaffry T, Zafar S, Rashid F. Frequency and assessment of Nutritional Status of school going children in rural areas of Islamabad. Pakistan Journal of Medical Sciences. 2021 Sep;37(5):1475.

Community Awareness & Health Promotion Campaign for A Sustainable Planet

The NUMS Department of Public Health conducted a school and community-based awareness campaign promoting healthier people and planet, 'ACT on NCDs: Healthy Habits and Climate Action for a Sustainable Planet' by addressing No Poverty, Zero Hunger, promoting Good Health and Well-Being, Quality Education and Equity.



The campaign highlighted the importance of healthy habits and clean air benefits to overall planetary health. The two-week awareness drive started on **15th August 2022**, focused to encourage healthy behaviors and influence norms across diverse social strata. The

students of Bachelor of Science in Public Health (BSPH) shared their unique perspectives and messages about the Non-Communicable Diseases (NCDs) linking it with climate change through pamphlet distribution in Urdu and English languages in the middle-aged population of PWD residential area. NCDs are affected by climate change, urbanization, food systems, and energy generation systems, action in these sectors will benefit not only the population but also planetary health. The key messages of the campaign encompassed: healthy diet (fresh natural foods); regular physical exercise and maintain a healthy weight; reduce sugary drinks, saturated fats and salt intake; don't smoke; plant trees; save energy and use eco-friendly products; reduce, reuse, repair and recycle. The students used multiple awareness-raising strategies, methods, and tools to promote health and to influence public opinion.

Non-Communicable Diseases (NCDs) have implications for nutrition, education, and the environment; therefore, a greater action is needed from governments and communities to prevent them from becoming epidemics. Children, adults, and the elderly all are vulnerable to the risk factors contributing to NCDs, whether from unhealthy diets, physical inactivity, exposure to tobacco smoke,

the harmful use of alcohol or climate change. NCDs are a barrier to achieving Sustainable Development Goals (SDGs), reducing the NCD burden and working towards sustainable cities create opportunities to achieve the following SDGs: SDG-1, SDG-2, SDG-3, SDG-4, SDG-11, SDG-12, SDG-13, SDG-14, and SDG-15.

The students' awareness drive in the local schools of Rawalpindi started from, 'Benchmark School System' followed by 'Future World School System' under the supervision of Dr. Hina Shan, Assistant Professor, DPH and students; Miss Iffa Zahid & Mr. Waleed Sheikh (focal persons). Latest statistics on NCDs and its link with climate change, risk factors, and preventive measures were shared by the following BSPH students; Waleed Sheikh, Iffa Zahid, Hasnain Sabir, Shalina Mazhar, Fatima Saleem, Shahaan Chughtai, Aimen Adnan, Shiza Aftab and Daniyal Ahmed. Students also disseminated information about the SDGs to build ownership of the 2030 Agenda. School children actively participated in the campaign with interactive session involving games around NCDs and SDGs, #FlipTheScript and #ACT4SDGs. Miss Iffa Zahid and Shiza Aftab shared messages on NCDs as 'Voices of Change' for NCD Alliance's Platform.

The Head of the Department, Prof Dr. Uzma Hassan stressed on the need to improve individual well-being with lifestyle modifications, highlighting that behaviors that lead to NCDs often emerge during childhood. She congratulated the DPH team (Dr. Tamkeen Jaffry, Dr. Hina Shan, Dr. Raima Asif, Miss Rubab Zulfiqar and students) for enhancing NUMS mission by conducting a successful campaign.



Stewardship by NUMS for Goal - 01

Celebration of WORLD'S HEALTH DAY, 2022 at NUMS

World health day is celebrated every year on 7th April by activities, which serves as an opportunity to focus on important aspects of health. These activities are not restricted to a single day but continue as yearlong campaigns.

In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This includes the climate crisis, which is the single biggest health threat facing humanity.



The NUMS Department of Public Health conducted the **“World Health Day”** on **06 April 2022**.

Theme:

“Our Planet, Our Health”

SDG-1 (Individual Report) - 2022

The student of all the three batches of BSPH organized the event remarkably in relevance to SDG-1 (No Poverty), SDG-3 (Good Health and Well-being) and SDG-12 (Climate Action). Banners and standees were installed in the University premises along with oath taking selfie corner to create awareness about “Our Planet, Our Health”. The students participated in different activities including role-play, presentations, videos and posters. The purpose was to highlight the importance of impact of air pollution on our health and planet.

The Head of Department Public Health stressed on the urgency of creating sustainable well-being societies committed to achieving equitable health now and for future generations without breaching ecological limits.



Celebration of WORLD'S HEALTH DAY, 2021 at NUMS

World Health Day is celebrated was celebrated by NUMS Department of Public Health, which serves as an opportunity to focus on important aspects of SDG-3 (Good health and well-being). These activities are not restricted to a single day but continue as *year-long* campaigns. It aimed to create awareness of a specific health theme to highlight a priority area of concern for the **World Health Organization (WHO)**.

Theme:

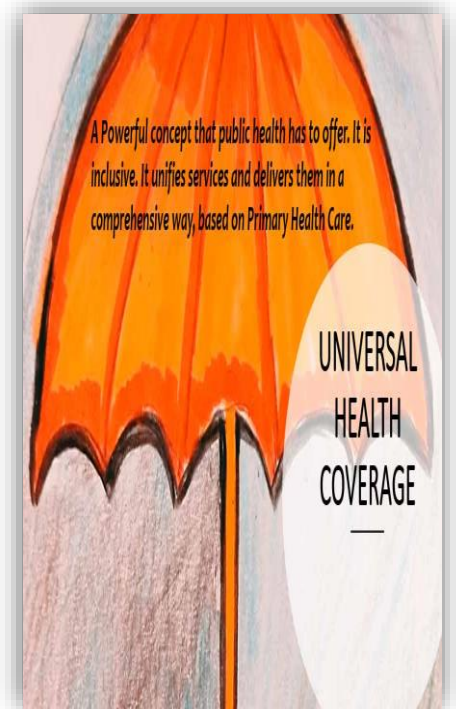
“Building a fairer, healthier world for everyone”

The intention is to take measures towards elimination of health inequities and to bring people together to build a fairer, healthier world. In this context, practical learning activities based on World Health Day theme were designed. The students were divided into 07 groups with 04 students in each group (three senior and one junior). The purpose was to create awareness among students regarding health inequities and its impact existing in health systems globally and in Pakistan.

The learning outcome was that students will be able to analyze the impact of health inequity through comparison of local, national and international indicators of health, health equity, health system performance and determinants of health.

Following were the projects with respect to the sustainability;

- **Project 1** Health Indicators: Pakistan and Regional Countries
- **Project 2** Health indicators: Provinces of Pakistan
- **Project 3** Comparison of Pakistan & Regional countries in context of Determinants of Health **Project 4** Comparison of provinces of Pakistan in context of Determinants of health Group
- **Project 5** Health Financing Indicators Group Name: VICTORIOUS SECRETS
- **Project 6** Health System Performance Group Name: RIDERS OF THE STORM
- **Project 7** Water, sanitation and hygiene indicators comparing countries including Pakistan, India, Congo, Ghana, Bangladesh, Srilanka, Iran, Malaysia.



Strengthening Primary Health Care in Pakistan

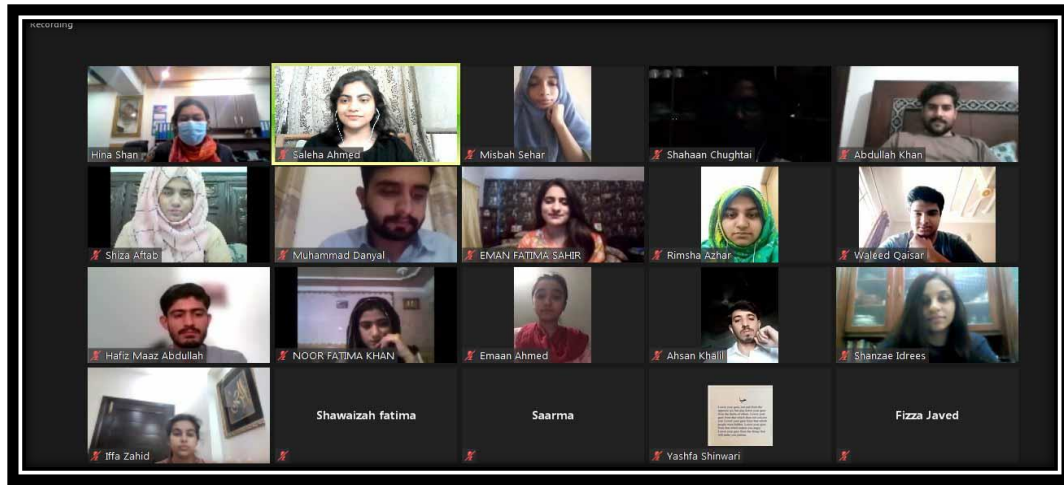
The NUMS Department of Public Health conducted a Practical Learning activity on **June 30, 2021**. The event engaged students to structure and express their ideas on the course material covered in 'Primary Health Care.' Prof Dr. Uzma Hassan, realizes that students' projects and class presentations are stimulating as well as celebratory way to bring together disparate pieces of course material. Realizing the importance of integration and drawing connections the students from both the batches worked on the theme **"Strengthening Primary Health Care in Pakistan"** and PHC's contribution in establishing a link between Universal Health Coverage and Sustainable Development Goals (SDGs).

Primary Health Care is a foundation of Public Health and is considered a springboard into future endeavours of Public Health. Students of BSPH consider PHC as step forward in a longer trajectory in the field of Public Health. Students participated with vigour in the class activity by giving presentations and a comprehensive video on the said topic. Good health and wellbeing let children to learn and adults to **earn**, helps people escape from **poverty**, and provide the basis for long-term **economic development**. Public health and Primary healthcare are considered a cornerstone in building a Sustainable Health System for the 21st century. Social protection, **poverty alleviation** (SDG-1), empowered people (SDG-5) and communities, education (SDG-4), food safety, hygiene & sanitation, economic development, multisectoral action & policies are strongly related to the health of population in each community.

Government of Pakistan is maximizing efficiency within the existing system, however, in all arrangements; there is a special focus to safeguard the interests of the poor. There are many



programs, initiatives and interventions that have been launched by the Government of Pakistan. **Ehsaas** is an umbrella initiative under the **Division of Poverty Alleviation and Social Safety**. Ministry of National Health Services Regulation and Coordination (MoNHSR&C), National Command and Operation Centre (NCOC) and National Institute of Health (NIH) are prestigious institutions of the country involved in multi-disciplinary public health related activities. Lady Health Workers Program and Expanded Program on Immunization have contributed towards prevention and promotion also involved in service delivery at several levels – particularly in the case of maternal, neonatal and child health. A One Health Hub has officially been established at NIH to prevent and control zoonotic diseases and contributing in the field of Epidemiology & Disease Surveillance. In Pakistan reforms at the level of basic healthcare facilities are underway. Transferring management to lower levels of government, restructuring of financing, service delivery and management arrangements are being done at national level. In Pakistan PHC is vital for delivering each aspect of UHC. PHC can contribute to the achievement of targets for goals other than SDG3 (Health & Wellbeing) including those related to poverty, hunger, education, gender equality, clean water and sanitation, work, and economic growth.



Strengthening Primary Health Care in Pakistan

An Imperative in establishing a link between Universal Health Coverage and Sustainable Development Goals



Field Visit To RHC Bagga Sheikhan, Rawalpindi



NUMS Department of Public Health arranges multiple learning opportunities for the students of Bachelors of Public Health to have clear understanding of practical aspect of Public Health. A field visit was organized for the students as part of the Community Oriented Medical Education to Rural health Centre (RHC) Bagga Sheikhan Rawalpindi on 7th October from 0900 to 1400 hrs.

The objective of the visit was to orient students regarding health care delivery system network and its functioning. Another objective was to explain the general organizational structure and functioning of the Rural health Centers.

The Rural Health Center (RHC) is intended to increase access to primary care services for patients in rural communities. The RHC provides promotive, preventive, curative, diagnostics, inpatient services, medico-legal, dental, referral and ambulance services with 10-20 inpatients beds capacity over a catchment population of up to 100000 people.

Pre visit briefing facilitated by Huzaiifa Akram (Asst.Prof Public Health) was given a day before the visit for the students about the functioning of RHC. Field training Performa comprising of different sections (Objectives, Activity Profile, human resource, supplies, services and HMIS) were also given to them to be filled during visit. All three batches of BSPH students accompanied by Dr Tamkeen Jaffry (Assoc.Prof), Dr Hina Shan (Asst.Prof), Huzaiifa Akram (Asst.Prof) and Ms Rubab (Asst.Manager) from the department of Public Health were given a tour of the premises.

An initial briefing was delivered to students by Senior Medical Officer about responsibilities and health services provided by RHC. The students visited every section of the Rural Health Center and observed the different aspects of health care service delivery to the patients. Then students in the form of groups were given demonstration about functioning and working of different stations of RHC (emergency room, T.B dots facilitator room, population welfare centre, EPI room, homeopathic clinic, dispensary, laboratory, labour room and Operation Theater). Students got the opportunity to observe and understand the practical aspect of rural health Centers and hence the primary health care system in Pakistan. They observed services being provided by RHC include medical checkup of patients, immediate Trauma management, Surgical procedures, Medico legal case report, Antenatal checkup, Laboratory tests (anemia, malaria, pregnancy test, urine test for sugar & protein), Normal delivery, Family planning services, EPI vaccination, Immunization (TT), TB treatment (TB dots programme), Growth monitoring and Nutrition Counseling.

The Head of Department Public Health Prof.Dr Uzma Hassan congratulated and appreciated the team of Department of Public Health on their hard work and commendable job for the smooth conduction of such a significant field visit. The HoD stressed on the importance of field visit for students as it encourages them to be more productive and efficient.



Prepared by: Sumiya Nauman, Manager QA/Focal person for IR